



An Informative Full-day Seminar:

Ergonomic Principles

1 Who Should Attend . . .

This seminar is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIO SHA).

2 MIO SHA Training Institute

MIO SHA Consultation Education and Training (CET) Division and Macomb Community College (MCC) have developed the MIO SHA Training Institute (MTI) through a formal alliance. The MIO SHA Training Institute introduced a new certification program, effective October 1, 2007. This course is an MTI Level 1 course. The certification program offers participants an opportunity to be recognized for their educational efforts and increased technical expertise. Courses will be offered throughout the state in sponsorship with other M-TECSM facilities, community colleges, and safety and health organizations. To learn more about the certification program, log-on to the CET Division website at www.michigan.gov/mti.

3 What You'll Learn . . .

This program gives direction to employers who want to establish an ergonomic program. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls, and implement a proactive ergonomic program. Examples of potential problem jobs are discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools, and workstations. Ergonomic risk analysis as a tool to identify the tasks and subtasks of a job will be discussed. Ergonomic awards offered by the MIO SHA program will be explained.

Agenda

We offer a flexible program agenda to emphasize the safety and health topics you want most.

- ▶ Looking For Signs of Ergonomic Problems
- ▶ Developing Ergonomic Solutions
- ▶ Implementing an Ergonomic Management System
- ▶ Review of NIOSH Primer
- ▶ Ergonomic Job Safety Analysis
- ▶ MIO SHA Ergonomic Awards

All meetings are accessible and barrier free. Please contact the cosponsor or CET Division, at least two weeks in advance, to request necessary accommodations.

Facilitator

Kristin Osterkamp was appointed to MIOSHA's Consultation Education and Training (CET) Division in September 2006 and provides service to the SE counties of Michigan for industrial hygiene issues. Kristin has over 12 years of experience as an Industrial Hygienist and safety professional working for MIOSHA CET, Delphi, Michigan Consolidated Gas Company (Michcon), and MIOSHA enforcement.

Prior to joining MIOSHA's CET Division, she worked for Delphi as a Division Industrial Hygienist, with global responsibilities for 25 sites and as a Site Safety Supervisor for Delphi's Engineering Center in Troy, MI. While employed at Delphi she had the opportunity to provide technical industrial hygiene assistance, develop training programs, conduct audits, and develop written programs for sites located in the United States, Mexico, Europe, and Brazil.

Kristin is a CIH, CSP, and has a Masters degree in Occupational Health from the University of Michigan and a B.S. degree in Chemistry from Elmhurst College in Illinois.



Kristin Osterkamp
*Industrial Hygienist,
MIOSHA, CET Division*

Program Details

DATE: May 13, 2009

LOCATION: Macomb Community College - M-TECSM
7900 Tank Avenue, Room 138
(Van Dyke and 11½ Mile)
Warren, Michigan 48092

COST: \$90 per person.
Includes lunch and course materials.
Certification/Maintenance Points Available

TIME: Check-in - 8:30 a.m.
Program - 9:00 a.m. to 4:00 p.m.

DEADLINE: Register by May 5, 2009
Please register early!

CONTACT: Yvonne Morosky-Grant - 586.498.4106
moroskyy@macomb.edu or
mti@macomb.edu

COSPONSOR: *Macomb Community College - M-TECSM*

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

How to Register

Complete information at right
to register by . . .

► **Phone:** 586.498.4106

► **Fax:** 586.498.4101

► **Online:** www.trainingmatrix.com/macomb

► **Mail:** Macomb Community College-M-TEC
7900 Tank Avenue
Warren, MI 48092
Attn: Yvonne Morosky-Grant

Provide Names of Additional Attendees

Name: _____

Company Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Birth Date: _____ (Needed for Registration)

Number Attending: _____ @ \$90 = \$ _____

Print Credit Card Holder's Name: _____

Credit Card # _____ Exp. Date: _____

VISA ☐ MC ☐ Disc ☐ Signature: _____

Ergonomic Principles

The meeting site and parking is accessible. Individuals attending the meeting are requested to refrain from using heavily scented personal care products, in order to enhance accessibility for everyone. People with disabilities requiring additional services (such as materials in alternative format) in order to participate in the meeting should call 517.322.1809. The Department of Labor and Economic Growth is an equal opportunity employer/program.

www.michigan.gov/dleg